



BOULDER VALLEY YOUTH SOCCER

U5 FC Boulder Recreational Guide

Coaching Expectations

Arrive on Time - Arrive at your session at least ten minutes early – smile!

Attire - Dress like a coach! T-shirt, shorts, socks, running shoes.

Training session and equipment - Have a plan, set up your coaching area, and interact with parents and players as they arrive.

Energy and Enthusiasm - Deliver your sessions with passion, be loud, make the activities fun and competitive.

Make Every Child Feel Special - Congratulate kids, high fives, challenge the more developed ones, nurture the more challenged ones.

Communication- Weekly emails to teams

Coaching Philosophy

Developing your own coaching philosophy and sharing it with your parents before the season starts.

Consider the following when developing your philosophy:

- Why are you coaching? What goals do you have for your team this season?
- Playing positions – will each child play every position during the season?
- Playing time – will it be equal playing time for all players?
- Discipline – how will you handle behavioral issues?
- Sportsmanship and respect
- Player and parent expectations

Player Characteristics

As coaches of these younger players, there are things that we know that we can expect during training and games. If we know what to expect, we will be more effective in dealing with the hundreds of situations that come up. This will help us relax, and, in turn, allow us to enjoy the unpredictable nature of working with these players even more. Here are some of the things that you can expect:

1. Short attention span.
2. Can only solve one problem at a time.
3. May understand simple rules that are explained briefly and demonstrated.
4. May or may not understand or remember: what lines mean on the field; what team they are on; what goal they are going for. We need to be patient and laugh with them as they get 'lost' on the field.
5. Easily bruised psychologically. They need generous praise often and should be able to play without pressure.
6. Very individually oriented (me, mine, my).
7. Constantly in motion, but with no sense of pace. They will chase something until they drop. They are easily fatigued but recover rapidly.
8. Physical coordination limited. Eye hand and eye foot coordination is not developed.
9. Although they may have very similar in birthdates, their physical and / or mental maturity may vary as much as 36 months.

Player Development

- Ball proficiency with one foot (dribbling, passing)
- Running, jumping, change of direction, and stopping with and without the ball.
- Defending (Pressure)
- Transition (Moving up and down the pitch when team has possession of the or when team losses the ball)
- Engagement

4 Pillars of Development

- Technical – Improve confidence on the ball (dribbling, passing, receiving, and shooting)
- Tactical- Improve decision-making, understanding, awareness, team shape, and transition within a game.
- Physical- Develop body control with and without a ball
- Psychological- Maintain enjoyment and development of the game.